

Health and Wellness

- **Alzheimer's Associations of Frederick**
108 Byte Drive #103
Frederick, MD 21702
(301) 696-0315
"To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health."
- **Frederick County Health Department**
350 Montevue Lane
Frederick, MD 21702
(301) 600-1029
"Public Health. Prevent. Promote. Protect"
- **Mental Health Association of Frederick County**
226 South Jefferson Street
Frederick, MD 21701
(301) 663-0011 **Need Help? Call 2-1-1**
In crisis? (301) 662-2255 (local) 800-422-0009 (statewide) Services available in over 150 languages.
"A leader in creating services that respond to the changing mental health needs in our community, the Mental Health Association of Frederick County is a place where people can be heard and receive support."
- **Frederick Memorial Hospital (FMH)**
400 West Seventh Street
Frederick, MD 21701
(240) 566-3300
- **FMH Wellness Center**
5500 Buckeystown Pike
Frederick, MD 21703
(240) 379-6000
"If you are interested in exploring wellness and lifestyle changes, the FMH Wellness Center is an ideal place to start! The FMH Wellness Center was created to help the community discover new approaches to healthier living."
- **Hospice of Frederick County**
516 Trail Avenue
Frederick MD 21701
(240) 566-3030
"At Hospice of Frederick County, we offer a unique approach to care for those in the advanced stages of life-limiting illness. When quantity of time is no longer possible, we focus on quality of life. We strive to treat the whole person, and view the patient and family as a unit. By managing symptoms, easing emotional and spiritual pain, and honoring our patients' and families' priorities and personal choices, we assist individuals to live out their remaining days in peace, comfort and dignity, while supporting those they love as well."
- **Mission for Mercy-MD/PA program**
22 South Market Street, Ste. 6D
Frederick, MD 21701
(301) 682-5683

"Mission of Mercy's Maryland/Pennsylvania Mobile Medical & Dental Clinic Program has been serving the sick and needy in the region since 1994. It has grown into a charitable organization that serves nearly 5,000 patients annually at seven clinic sites in Maryland and two in South Central Pennsylvania via a mobile medical van."

- **Planned Parenthood of Frederick**

170 Thomas Johnson Drive Ste. 100
Frederick, MD 21702
(301) 662-7171

"Planned Parenthood of Maryland has been serving the Frederick area for over 40 years. Now, we are expanding to serve clients previously seen at the Health Department for Family Planning and STD services."

- **Survivor's Offering Support (SOS) at FMH**

Denise O'Neill, donail@fmh.org
(301) 694-5580 ext. 2018

"Coordinated Breast Services is pleased to offer an important support program that pairs volunteers who have survived breast cancer with newly diagnosed breast cancer patients."

- **Women's Center at FMH Crestwood**

7211 Bank Court
Frederick, MD 21703
(240) 215-1420

"At the Women's Center at Crestwood, it's all about you - your comfort, your wellness, your healing. Every detail of the Women's Center at Crestwood - from the interior design to the comprehensive services available - focuses on your comfort and care. In one convenient location, you can access state-of-the-art diagnosis and treatment from caring, experienced professionals who understand your unique needs and concerns."